

ABSTRACT OF THE DISCLOSURE

A training apparatus designed to improve the physical readiness level of the low back and pelvic girdle of an individual includes a frame, a seat, a pivot mechanism mounted
5 on the frame and providing a pivot point, an exercise arm rotatable about the pivot point, and a resistance assembly rotatable about the pivot point. An interlocking mechanism interlocks the exercise arm and the resistance assembly such that they rotate as a single unit about the pivot point of the
10 pivot mechanism. The angle between the exercise arm and the resistance assembly is selectable. The resistance assembly includes at least a first resistance lever arm and, preferably, a second resistance lever arm. The first resistance lever arm includes a counterweight. The second resistance lever arm has a
15 weight attachment mechanism for attaching a stress weight thereto, and the second resistance lever arm is angularly offset from the first resistance lever arm by an angle about the pivot point of the pivot mechanism.

Also disclosed is a seating and positioning apparatus which
20 includes a thigh engagement device for contacting and restraining an upper surface of a thigh of an individual using the training device.